



NOVEMBER 2017

George H Waters Nutrition Center
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p>	<p>ENTERTAINMENT</p> <p>JUAN 11-2-17 RIKACHA 11-6-17 JAZZ A MINUTE 11-10-17 PIÑA 11-17-17</p>	<p>1) BBQ CHICKEN</p> <p>BAKED BEANS CALIFORNIA BLEND FRUIT SALAD LEMON PUDDING MILK</p>	<p>2) TEXAS STYLE BEEF BRISKET</p> <p>AU-GRATIN POTATOES BROCCOLI & CARROTS TOSSED SALAD APPLE TART MILK</p>	<p>3) CATCH OF THE DAY</p> <p>STEAK FRIES GREEN BEANS CARROT SALAD HONEYDEW MELON MILK</p>
<p>6) BEEF FRITTER</p> <p>ROASTED RED POTATOES GREEN BEANS LEAFY GREEN SALAD ORANGE SMILES MILK</p>	<p>7) PORK CHOP W/ DARK BROWN GRAVY</p> <p>SWEET POTATOES GARDEN VEGGIES SPINACH SALAD APPLESAUCE MILK</p>	<p>8) CHICKEN LASAGNA W/ MARINARA</p> <p>WINTER BLEND KALE SALAD FRESH PEAR MILK</p>	<p>9) MOM'S MEATLOAF</p> <p>STUFFED POTATO PEAS & CARROTS SHOESTRING BEET SALAD CHERRY TART MILK</p>	<p>10) CATCH OF THE DAY</p> <p>STEAMED RICE SWEET & SOUR VEGGIES CHINESE NOODLE SALAD MANDARIN CUP MILK</p>
<p>13) BEEF ROULET</p> <p>MASHED POTATOES GARDEN PEAS TOMATO BASIL SALAD FRUITED GELATIN MILK</p>	<p>14) CLASSIC BAKED CHICKEN</p> <p>MACARONI & CHEESE TUSCAN STYLE VEGGIES LEAFY GREEN SALAD TROPICAL FRUIT CUP MILK</p>	<p>15) CORNED BEEF</p> <p>BOILED POTATOES CABBAGE & CARROTS MARINATED BEET SALAD PEACH COBBLER MILK</p>	<p>16) CHICKEN PICCATA</p> <p>SAFFRON RICE SCANDINAVIAN VEGGIES CAESAR SALAD GRAPES MILK</p>	<p>17) CATCH OF THE DAY</p> <p>STEAK FRIES MIXED VEGGIES DUTCH COLESLAW MELON MIX MILK</p>
<p>20) SLOW COOKED PEPPER STEAK</p> <p>STEAMED RICE ORIENTAL VEGETABLES AMBROSIA SALAD ICE CREAM & FORTUNE COOKIE MILK / JUICE</p>	<p>21) HONEY GLAZED HAM</p> <p>AU-GRATIN POTATOES STEAMED BROCCOLI FRUITED LIME GELATIN GERMAN CHOCOLATE CAKE MILK</p>	<p>22) OLD FASHIONED TURKEY DINNER</p> <p>BAKED SWEET POTATOES GARDEN VEGETABLES CRANBERRY NUT ORANGE SALAD PUMPKIN TART MILK</p>	<p>23) CLOSED THANKSGIVING DAY</p>	<p>24) CLOSED</p>
<p>27) TRADITIONAL BRAISED BEEF</p> <p>BAKED POTATO CAPRI VEGTABLES SPINACH SALAD ORANGE SMILES MILK</p>	<p>28) CHICKEN BREAST W/ CREAMY MUSHROOM SAUCE</p> <p>RICE PILAF WINTER BLEND CARROT SALAD STRAWBERRIES & CREAM MILK</p>	<p>29) SAUCY PORK MEDALLIONS</p> <p>WHIPPED YAMS POTATO CALIFORNIA PASTA SALAD BRUSSELS SPROUTS PEACH MELBA MILK</p>	<p>30) HAMBURGER STEAK W/ GRILLED ONIONS & GRAVY</p> <p>SCALLOPED POTATOES BUTTERED CORN FRUITED LIME GELATIN SALAD BROWNIE MILK / JUICE</p>	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.